



# CACFP Meal Pattern

# CHILD MEAL PATTERN

	AGES 3-5
BREAKFAST	
MILK	3/4 cup
FRUIT/VEGETABLES	1/2 cup
GRAINS/BREADS	1/2 serving
LUNCH	
MILK	3/4 cup
MEAT/MEAT ALTERNATE	1 1/2 oz
FRUIT	1/4 cup
VEGETABLE	1/4 cup
GRAINS/BREADS	1/2 serving
SNACK (PICK 2 OF 5)	
MILK	1/2 cup
MEAT/MEAT ALTERNATE	1/2 oz
FRUIT	1/2 cup
VEGETABLE	1/2 cup
GRAINS/BREADS	1/2 serving

# WHAT'S IN A MEAL?







# Breakfast

- Must serve these three food components:
  - Milk
  - Vegetable, fruit, or both
  - Grains
- May exchange a meat for grain – up to 3 times a week





# Lunch or Supper

- Must serve all five food components:
  - Milk
  - Meat/Meat Alternates
  - **Vegetables (may serve 2 different ones)**
  - Fruits
  - Grains



# Snack

- Select any two of the five food components:
  - Milk
  - Meat/Meat Alternates
  - Vegetables
  - Fruits
  - Grains





# Water

- Drinking plenty of water is important
- **Must be offered** and made available **throughout the day to children**
- Mealtimes: Water is not a part of a reimbursable meal
  - May not be served in place of milk
  - May be offered alongside milk at meals or at snack





# Fluid Milk Component



## Two to Five Year Olds

- Serve **unflavored** low-fat (**1%**) milk or fat-free (**skim**) milk
- Minimum serving sizes
  - 2 years — 4 fl oz or ½ cup
  - 3-5 years — 6 fl oz or ¾ cup
- **Flavored milk is not reimbursable**



The background of the slide features a close-up, slightly blurred image of colorful alphabet blocks. Visible blocks include a red 'A', a purple 'U', a green 'C', a pink 'B', and a yellow 'Y'. The blocks are arranged on a light-colored surface, and the overall image has a soft, bokeh-like quality.

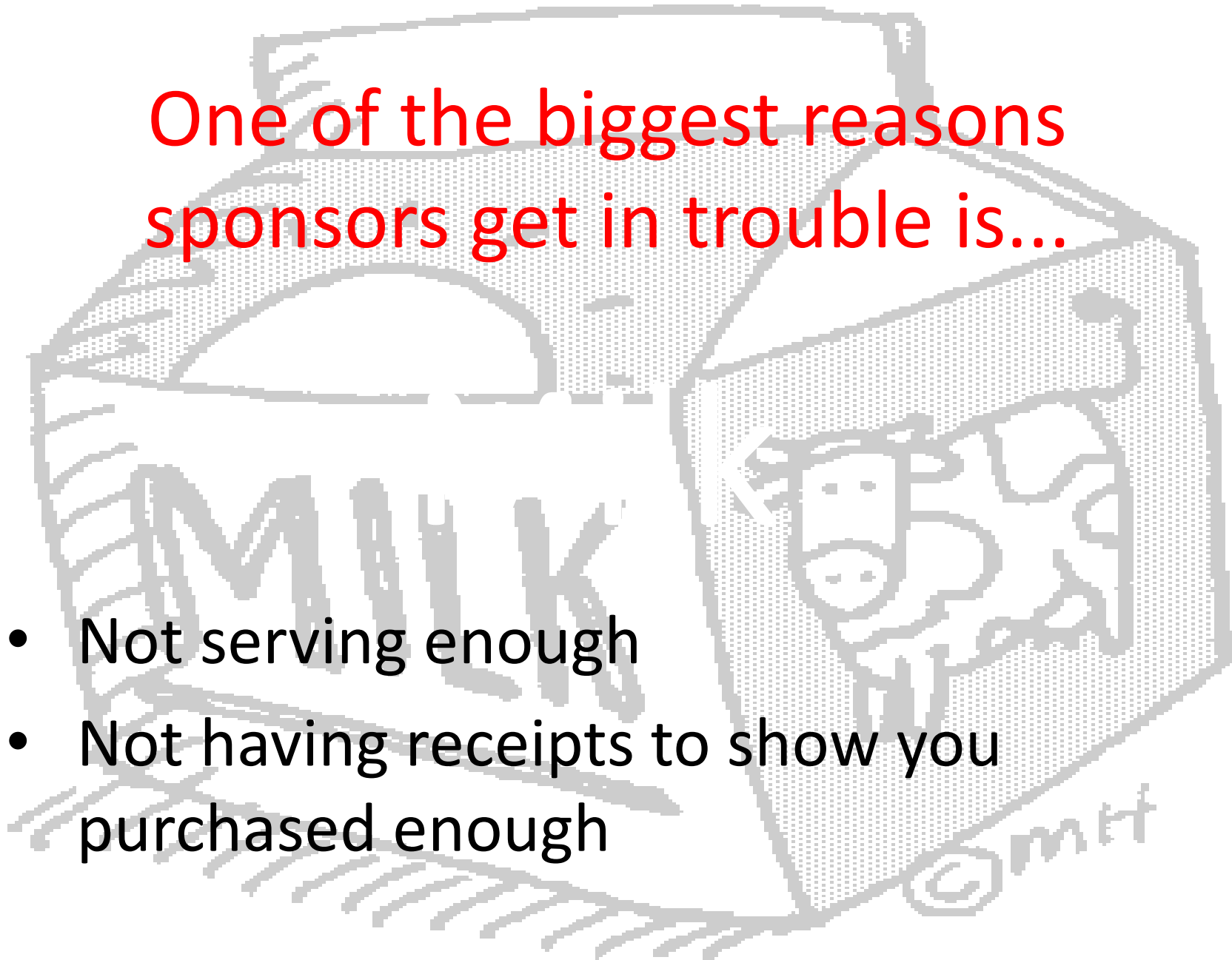
## Milk Substitutions

- Allowed for non-disability medical or special dietary need
- Request must be made in writing
- “Medical statement required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow’s milk...”
- Must be signed by a licensed physician, nurse practitioner, or registered dietitian



One of the biggest reasons  
sponsors get in trouble is...

- Not serving enough
- Not having receipts to show you purchased enough





## Meat/Meat Alternates (M/MA)

- M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week
  - 1 oz of m/ma credits as 1 serving of grains
- Tofu credits as a meat alternate (must look like a meat)
- Yogurt, including soy yogurt, credits as a meat alternate
- Nuts & seeds
- Dry beans and peas
- Eggs
- Cheese



# Using Yogurt

## (must have less than 23 grams/6 oz)

- Use commercial yogurt products only
- **Soy yogurt is a dairy-free option**
- 4 oz credits as 1 oz of meat alternate

### Non-creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies



# Vegetable & Fruit

- Must serve either a combination of one fruit and one vegetable or 2 vegetables.
- Must be at least the same serving size as the fruit component it replaced
- 100 % juice may only be served **once** per day
  - Lacks dietary fiber
- Must offer **two different types** of vegetables (if offering two vegetables)
  - i.e., two servings of carrots would not credit





# Grains Component

- Each day, at least 1 meal or snack must include a whole grain-rich food
  - If you only serve breakfast, the grain must be whole-grain rich
  - If you serve breakfast, lunch, and snack, choose which meal to serve whole-grain rich food
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz
- Grain-based desserts no longer credit towards the grain component

## 5 ways to know if it's a whole grain

1. Food is labeled as “whole





## 2. A whole grain is listed as the first ingredient.

Ingredients: **WHOLE-WHEAT FLOUR**, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.



3. Product contains one of the following statements:

- “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”

OR

- Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”





4. Proper documentation (from a manufacturer or a standardized recipe) demonstrates that whole grains are the primary grain ingredient by weight.



**Chic'n Time**

*from* **KOCH FOODS**

**COPY NOT MEANT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS**

**086321**

Five 0.69 oz. fully cooked whole grain breaded chicken breast patty nuggets with rib meat provides 2.00 oz equivalent meat/meat alternate and 1.00 oz. equivalent grain for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 02H3).

**KEEP FROZEN**

**Fully Cooked Whole Grain Breaded  
Chicken Breast Patty Nuggets  
with rib meat**

**INGREDIENTS:** Chicken breast with rib meat, water, whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), isolated soy protein, seasoning ((modified food starch [potato], flavoring), modified food starch, onion powder, salt, black pepper), chicken breast, whole wheat flour, enriched wheat flour, concentrated chicken broth, salt, soybean oil, sodium phosphates, sugar, dried yeast, onion powder, garlic powder, spice, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), guar gum, canola oil, paprika extractive (color).

**CONTAINS: WHEAT, SOY, EGG**

**HEATING INSTRUCTIONS:** Place frozen patty nuggets in convection oven heated at 375°F. for 7 - 9 minutes, or place frozen patty nuggets in preheated oven at 350°F. for 15 - 18 minutes, or place frozen patty nuggets in deep fryer at 385°F. for 1 1/4 to 2 1/4 minutes. Adjust cooking time and temperatures for amount cooked and equipment used.

**DISTRIBUTED BY: KOCH FOODS, CHICAGO IL. 60641**

**85606**



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**130426B**

**NET WT. 10.35 LBS.**

5. Rule of Three: First grain ingredient (or 2<sup>nd</sup> after water) is a whole or enriched, and the next two grain ingredients are whole grains, enriched grains, bran, or germ.

Example:

“water, whole wheat flour, yeast, sugar, enriched white flour, wheat gluten, brown rice flour, salt”

**Ingredients:** Water, enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), whole wheat flour, vegetable oil (soybean, palm and/or canola oil), wheat bran, sugar, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, malt flavor, whey, soy lecithin.

**Vitamins and Minerals:** Calcium carbonate, vitamin A palmitate, reduced iron, niacinamide, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>1</sub> (thiamin hydrochloride), vitamin B<sub>2</sub> (riboflavin), folic acid, vitamin B<sub>12</sub>.

**Ingredientes:** Agua, harina de trigo enriquecida (harina de trigo, niacina, hierro reducido, vitamina B<sub>1</sub> [mononitrato de tiamina], vitamina B<sub>2</sub> [riboflavina], ácido fólico), harina de trigo de grano entero, aceite vegetal (aceite de soya, palma y/o canola), salvado de trigo, azúcar, huevos, contiene 2% o menos de agentes de fermentación (bicarbonato de sodio, fosfato de aluminio y sodio, fosfato monocalcico), sal, sabor malta, suero, lecitina de soya.

**Vitaminas y minerales:** Carbonato de calcio, palmitato de vitamina A, hierro reducido, niacinamida, vitamina B<sub>6</sub> (clorhidrato de piridoxina), vitamina B<sub>1</sub> (clorhidrato de tiamina), vitamina B<sub>2</sub> (riboflavina), ácido fólico, vitamina B<sub>12</sub>.

**CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS. / CONTIENE INGREDIENTES DE TRIGO, HUEVO LECHE Y SOYA.**



A collection of colorful plastic alphabet blocks in various shapes and colors (red, purple, green, pink, blue, yellow) are scattered in the background. A large green semi-circular graphic element is overlaid on the image, containing the title and list.

## Menus & Whole Grain-Rich Foods

- Document whole grain-rich foods on menu
- Examples
  - “Whole wheat” bread
  - “Whole grain-rich” English muffins
  - Toast “whole grain-rich”

# Grain-Based Desserts

- Source of added sugars & saturated fats
  - Increases risk of chronic illnesses
- **Not creditable towards the grain component**

Examples include:

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Doughnuts
- Granola bars
- Sweet piecrusts
- Sweet rolls
- Toaster pastries





“Not a complete list of possible grain-based desserts...”

- Some foods are not easily identified as grain-based dessert
  - i.e., a cookie is labeled “breakfast round”
- Ask the question:
  - Is this food thought of as a dessert?



# Family Style Meal Service

- Promotes social, emotional, & motor skills
- Encourages children to try new foods
- Provides control over eating for children & adults
- **Optional, but highly encouraged**

Supervising adults may provide assistance as needed

**OVS is not allowed in childcare facilities!**



# QUESTIONS?





# CACFP: Co-Mingled vs Not Co-Mingled

Lindsay Ball, Education Specialist  
Alabama State Department of Education, Child Nutrition  
School Programs



# Pre-K Meal Pattern School Programs

(National School Lunch Program and School Breakfast Program)



## Pre- K: Co Mingle

- SP 37-2017: Flexibility for Co-Mingled Preschool Meals: Questions and Answers
  - Memo provides guidance on meals served to preschoolers when they are in the same service area at the same time as grade K-5 students.
- When preschoolers are co-mingled with K-5 students, then the K-5 meal pattern may be used.
  - Co-mingled is when preschoolers and K-5 students are in the same service area at the same time.





A background image showing a collection of colorful alphabet blocks in various shapes and sizes, including letters like 'A', 'B', 'C', 'D', 'E', 'F', 'G', 'H', 'I', 'J', 'K', 'L', 'M', 'N', 'O', 'P', 'Q', 'R', 'S', 'T', 'U', 'V', 'W', 'X', 'Y', 'Z'. The blocks are in shades of red, yellow, green, blue, and purple. They are arranged on a light-colored surface, and some are partially obscured by a large green semi-circular overlay that contains the text.

## **Notable Pre-K Meal Pattern Requirements (Not Co-Mingled)**

- Yogurt cannot have more than 23 grams of sugar per 6 ounces.
- Only unflavored low-fat or unflavored fat free milk may be served to Pre-K children 2-5 years of age.
- Juice is limited to once per day (including snack).
- OVS is not allowed.

A background image showing a collection of colorful alphabet blocks in various shapes and colors (red, purple, green, pink, blue, yellow) scattered on a white surface. A large green semi-circular graphic is overlaid on the bottom half of the image, containing the text.

## **Notable Pre-K Meal Pattern Requirements (Not Co-Mingled)**

- Cereal cannot have more than 6 grams of sugar per dry ounce.
- Meat/meat alternate cannot be used more than three times a week to substitute the grain requirements.
- Grain based desserts are not allowed as part of the reimbursable meal.



# National School Lunch Program Meal Pattern (Co-Mingled)

School Meals Patterns with Flexibilities for SY 2018/2019

(per Interim Final Rule 82 FR 56703, Nov. 30, 2017)

	Breakfast Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week		
	(minimum per day)		
Fruits (cups) <sup>b,c</sup>	5 (1)	5 (1)	5 (1)
Vegetables (cups) <sup>b,c</sup>	0	0	0
Dark green	0	0	0
Red/Orange	0	0	0
Beans and peas (legumes)	0	0	0
Starchy	0	0	0
Other	0	0	0
Grains (oz eq) <sup>d</sup>	7-10 (1)	8-10 (1)	9-10 (1)
Meats/Meat Alternates (oz eq) <sup>e</sup>	0	0	0
Fluid milk <sup>f</sup> (cups)	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
Min-max calories (kcal) <sup>g,h</sup>	350-500	400-550	450-600
Saturated fat (% of total calories) <sup>h</sup>	<10	<10	<10
Sodium Target 1 (mg) <sup>h,i</sup>	≤540	≤600	≤640
Trans fat <sup>t,j</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Food Components	Amount of Food <sup>a</sup> per Week		
	(minimum per day)		
Fruits (cups) <sup>b</sup>	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) <sup>b</sup>	3¾ (¾)	3¾ (¾)	5 (1)
Dark green <sup>c</sup>	½	½	½
Red/Orange <sup>c</sup>	¾	¾	1¼
Beans and peas (legumes) <sup>c</sup>	½	½	½
Starchy <sup>c</sup>	½	½	½
Other <sup>c,d</sup>	½	½	¾
Additional Vegetables to Reach Total <sup>e</sup>	1	1	1½
Grains (oz eq) <sup>f</sup>	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) <sup>g</sup>	5 (1)	5 (1)	5 (1)
<b>Other Specifications: Daily Amount Based on the Average for a 5-Day Week</b>			
Min-max calories (kcal) <sup>h</sup>	550-650	600-700	750-850
Saturated fat (% of total calories) <sup>h</sup>	<10	<10	<10
Sodium Target 1 (mg) <sup>h,i</sup>	≤1,230	≤1,360	≤1,420
Trans fat <sup>h,j</sup>	Nutrition label or manufacturer specifications must indicate zero grams of <i>trans</i> fat per serving.		



# Grain Items for Pre-K (Not Co-Mingled)

## Allowable

Pancakes

Waffles

French Toast

Muffins (except  
corn)

Croissants

## Unallowable

Cookies

Doughnuts

Cakes

Sweet Rolls

Brownies

Corn Muffins

Sweet Pie Crusts

Cereal Bars

Breakfast Bars

Granola Bars

Toaster Pastries



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## Questions About Meal Pattern

- CACFP
  - Child and Adult Care Food Program
  - 334-694-4659
- NSLP/SBP
  - Jessica Ragan, Administrative Assistant for School Programs
  - 334-694-4685